a device for quick coupling to a clear fastened to a sole of a shoe, including a toe element for receiving a front end of the cleat and a rear fastening device for engaging the rear end of the cleat when the rear end of the cleat is pressed over said rear fastening device and for releasing the cleat when the rear end of the cleat is rotated in the general plane of the pedal so the rear end of the cleat is moved laterally, said pedal comprising a resting surface for the cleat including cam means for opposing said releasing rotation of the cleat, and for lifting the side of the cleat, which is moved away from the centre of the pedal when said releasing rotation is imposed on the cleat,

wherein said cam means are only arranged on the side of the pedal facing outwards relative to the mounted condition on the bicycle, so as to be operative only when the rear end of the cleat is moved laterally outwards, with respect to the bicycle, starting from the engaged position.

2. (Amended) Safety pedal according to claim 1, wherein the internal side of said resting surface does not present any means for opposing the rotation of the cleat, so that a lateral inwards movement of the rear end of the cleat, from the engaged position, does not lift the internal side of the cleat.

- 3. (Amended) Safety pedal according to claim 1, wherein said cam means is a ramp integral with a metal plate fastened to the pedal defining the resting surface.
- 4. (Amended) Safety pedal according to claim 3, wherein said stop is defined by a projection integral with a metal plate fastened to the pedal defining the resting surface.

Please add the following new claims:

- Safety pedal for bicycles for quick coupling to a cleat fastened to the sole of a shoe, the cleat having a front end, a rear end having an upper cam surface, a laterally-extending base foot and a chamfered lower cam surface, and a longitudinal axis extending from the front end to the rear end, said pedal comprising:
  - a) a generally planar pedaling surface;
  - b) a base plate fixed to said pedaling surface;
- b) a first seat for removably locking the front end of the cleat on said pedal;
- c) a second seat for removably locking the rear end of the cleat on said pedal, said second seat including bias means cooperatively engaged with the upper cam surface, said bias means movable between a locking position preventing

movement of said cleat upward relative to the pedaling surface and a releasing position allowing movement of said cleat upward relative to the pedaling surface;

d) cam means on only one side of said base plate for resisting movement of the cleat in one sideward direction relative to the pedaling surface, said cam means rotating said cleat about its longitudinal axis when said cleat is moved in said one sideward direction;

wherein said upper wedge portion urges said bias means from the locking position to the releasing position when the rear end of said cleat is moved sidewardly in either direction relative to the plane of the pedaling surface.

- 8. The pedal recited in claim 7, wherein said cam means engages the lower cam surface of said cleat.
- 9. The pedal recited in claim 7, wherein said bias means has a shape which compliments the shape of said upper cam surface.
- 10. The pedal recited in claim 7, wherein said bias means retracts and locks when the rear end of the cleat is moved downwardly relative to the plane of the pedaling surface and is engaged with said second seat.

- 11. The pedal recited in claim 10, wherein said bias means is retracted by the lower cam surface of the cleat.
- 12. The pedal recited in claim 11, wherein said bias means engages the base foot in the locking position.
- on said base plate for limiting movement of the rear end of said cleat in a direction opposite said one sideward direction relative to the plane of the pedaling surface.
  - 14. The pedal recited in claim 13, wherein said stop means comprises a tab inclined perpendicularly relative to and integrally formed with said base plate.
  - 15. The pedal recited in claim 7, wherein said cam means is positioned on said base plate to resist movement of the rear end of the cleat in the outward direction relative to the bicycle.
  - 16. The pedal recited in claim 15, further including a stop means positioned on said base plate for limiting movement of the rear end of said cleat in the inward direction relative to the bicycle.

- 17. The pedal recited in claim 7, wherein said cam means comprises a stop integral with and upwardly inclined with respect to said base plate.
- 18. A cyclist safety pedal combination for use with a bicycle, the combination comprising:
- a) a cleat for fastening to a sole of a cyclist's shoe, said cleat including a front end, a rear end having an upper cam surface, a laterally-extending base foot and a chamfered lower cam surface, and a longitudinal axis extending from the front end to the rear end;
  - b) a pedal comprising:
    - i) a generally-planar pedaling surface;
    - ii) a base plate having means for fastening to said pedal surface;
  - iii) a front seat for removably locking the front end of the cleat on said pedal;
  - iv) a rear seat for removably locking the rear end of the cleat on said pedal, said second seat including bias means cooperatively engaged with the upper cam surface of said cleat, said bias means movable between a locking position preventing movement of said cleat upward relative to the plane of

said pedaling surface and a releasing position allowing movement of said cleat upward relative to the plane of said pedaling surface; and,

v) cam means on only one side of said base plate for resisting movement of the rear end of the cleat in one sideward direction relative to the plane of said pedaling surface, said cam means rotating said cleat about its longitudinal axis when said cleat is moved in said one sideward direction;

wherein said upper wedge portion urges said bias means from the locking position to the releasing position when the rear end of said cleat is moved relative to the plane of said pedaling surface.

- 19. The pedal recited in claim 18, wherein said first seat is integrally formed with said base plate.
- 20. A quick coupling safety pedal and shoe combination, the combination comprising:

a shoe having a sole with a cleat fastened to it, the cleat having a front end, a rear end having an upper cam surface, a laterally-extending base foot and a chamfered lower cam surface, and a longitudinal axis extending from the front end to the rear end; and,

a pedal comprising:

a) a generally planar pedaling surface;

b) a base plate fixed to the pedaling surface;

b) a first seat for removably locking the front end of the cleat on the

pedal;

c) a second seat for removably locking the rear end of the cleat on the

pedal, the second seat including bias means cooperatively engaged with the upper

cam surface, said bias means movable between a locking position and a releasing

position;

d) cam means on a selected side of the base plate for resisting movement

of the cleat in the selected direction relative to the pedaling surface and rotating the

cleat about its longitudinal axis when the cleat is moved in the selected direction;

wherein said upper wedge portion urges the bias means from the locking

position to the releasing position when the rear end of said cleat is moved laterally

relative to the plane of the pedaling surface.

21. The combination of claim 20 wherein the first seat is integrally formed

with the base plate.

22. The combination of claim 20 wherein the cam means engages the lower

cam surface of the cleat.